Classic Split Pea Soup

Prep Time 15 mins | Cook Time 1 hr 20 mins | Total Time 1 hr 35 mins | Servings: 6 servings

Ingredients

- 2 T extra-virgin olive oil
- 1 medium onion diced
- 3 carrots diced
- 3 ribs of celery diced
- 2 garlic cloves minced
- 1 lb dried split peas rinsed
- ½ teaspoon dried thyme
- ½ teaspoon kosher salt
- ½ teaspoon black pepper
- 1 bay leaf
- 1 meaty ham bone
- 4 cups chicken broth
- 3 to 4 cups water
- 1 cup diced ham

Instructions

1. Heat the oil in a large pot or Dutch oven over medium-high heat. Add the onion, carrots, and celery, and sauté for 3 to 4 minutes. Then add the garlic and sauté for another minute.
2. Add the split peas, thyme, salt, and pepper. Stir together.
3. Add bay leaf, ham bone, chicken broth, and 3 cups of water. Bring to a boil, reduce the heat to a simmer, cover, and cook for 50 to 60 minutes, stirring occasionally, until the soup has thickened and the peas have broken down.
4. Remove the ham bone to a cutting board and dice the remaining meat, add back to the soup. Stir and simmer uncovered for an additional 5 to 15 minutes, until it's thickened to your liking. If it's too thick, you can add another cup of water. Note that the soup will continue to thicken as it sits, so it's best if it's not overly thick at this stage.

*The serving size is based on using 4 cups of water.

Nutrition Calories: 395kcal | Carbohydrates: 53g | Protein: 30g | Fat: 8g | Saturated Fat: 2g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 5g | Cholesterol: 18mg | Sodium: 782mg | Potassium: 1142mg | Fiber: 21g | Sugar: 9g | Vitamin A: 5223IU | Vitamin C: 18mg | Calcium: 73mg | Iron: 4mg